

CLAIMS

What is claimed is:

1. A brace to be worn over the wrist for preventing and reducing pain and discomfort associated with the ulnar styloid of the wrist, the brace comprising:

a band circumferentially fitted around the wrist, the band having an opening positioned to circumferentially surround the ulnar styloid; and

a pressure ring attached to the opening, so that when the band is fittingly secured around the wrist with the ulnar styloid protruding through the opening, the pressure ring exerts controlled pressure to tissues associated with the ulnar styloid.

2. The brace of claim 1, wherein the pressure ring stabilizes the ECU tendon and prevents the tendon from impinging on the ulnar nerve.

3. The brace of claim 1, wherein the band is adjustable for providing controlled pressure.

4. The brace of claim 3, wherein the band includes a strap extending from the band and securable on the band with a hook-and-loop fastener.

5. The brace of claim 4, wherein the band includes a slot for receiving the strap.
6. The brace of claim 5, wherein the slot is defined by a D-ring.
7. The brace of claim 5, wherein the band includes an insert defining the D-ring.
8. The brace of claim 7, wherein the insert is a frame reinforcing the opening.
9. The brace of claim 6, wherein the pressure ring is an elastomer.
10. The brace of claim 9, wherein the elastomer is medical grade silicone.
11. The brace of claim 9, wherein the pressure ring is deformable to a shape defined by the ulnar styloid upon adjusting the band.
12. The brace of claim 1, wherein the band includes padding.
13. The brace of claim 1, wherein the pressure ring is oval.

14. A method for preventing and reducing of pain and discomfort associated with the ulnar styloid of the wrist, the method comprising:

positioning an adjustable band having a pressure ring around the wrist;

placing the pressure ring over and around the ulnar styloid of the wrist; and

controlling the pressure of the pressure ring over the ulnar styloid.

15. The method of claim 14, wherein controlling the pressure comprises adjusting the band.

16. The method of claim 15, wherein adjusting the band comprises tightening the band over the wrist.

17. The method of claim 16, wherein tightening the band comprises:
inserting a strap having a first end attached to the band through a D-ring defined in the band;

pulling a second end of the strap through and over the D-ring; and
securing the strap to the band.

18. The method of claim 17, wherein securing the strap to the band includes attaching the strap to the band with a hook-and-loop fastener.